

Full Report (All Nutrients) 20054, Rice, white, glutinous, unenriched, uncooked

Report Date: June 27, 2017 05:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Proximates					
Water	g	10.46	3	0.414	19.35
Energy	kcal	370	--	--	684
Energy	kJ	1548	--	--	2864
Protein	g	6.81	3	0.931	12.60
Total lipid (fat)	g	0.55	3	0.133	1.02
Ash	g	0.49	3	0.111	0.91
Carbohydrate, by difference	g	81.68	--	--	151.11
Fiber, total dietary	g	2.8	--	--	5.2
Minerals					
Calcium, Ca	mg	11	3	1.471	20
Iron, Fe	mg	1.60	3	0.651	2.96
Magnesium, Mg	mg	23	3	1.059	43
Phosphorus, P	mg	71	3	11.635	131
Potassium, K	mg	77	3	14.821	142
Sodium, Na	mg	7	3	5.720	13
Zinc, Zn	mg	1.20	3	0.147	2.22
Copper, Cu	mg	0.171	3	0.020	0.316
Manganese, Mn	mg	0.974	3	0.026	1.802
Selenium, Se	µg	15.1	--	--	27.9
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.180	2	--	0.333

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Riboflavin	mg	0.055	3	0.055	0.102
Niacin	mg	2.145	2	--	3.968
Pantothenic acid	mg	0.824	4	0.179	1.524
Vitamin B-6	mg	0.107	3	0.006	0.198
Folate, total	µg	7	2	--	13
Folic acid	µg	0	--	--	0
Folate, food	µg	7	2	--	13
Folate, DFE	µg	7	--	--	13
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.111	--	--	0.205
12:0	g	0.001	73	--	0.002
14:0	g	0.002	73	--	0.004
16:0	g	0.094	73	--	0.174
18:0	g	0.010	73	--	0.019
Fatty acids, total monounsaturated	g	0.200	--	--	0.370
16:1 undifferentiated	g	0.002	73	--	0.004
18:1 undifferentiated	g	0.198	73	--	0.366
Fatty acids, total polyunsaturated	g	0.198	--	--	0.366
18:2 undifferentiated	g	0.189	73	--	0.350
18:3 undifferentiated	g	0.008	73	--	0.015
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.079	--	--	0.146
Threonine	g	0.244	--	--	0.451
Isoleucine	g	0.294	--	--	0.544
Leucine	g	0.563	--	--	1.042
Lysine	g	0.246	--	--	0.455

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Methionine	g	0.160	--	--	0.296
Cystine	g	0.140	--	--	0.259
Phenylalanine	g	0.364	--	--	0.673
Tyrosine	g	0.228	--	--	0.422
Valine	g	0.416	--	--	0.770
Arginine	g	0.568	--	--	1.051
Histidine	g	0.160	--	--	0.296
Alanine	g	0.395	--	--	0.731
Aspartic acid	g	0.640	--	--	1.184
Glutamic acid	g	1.328	--	--	2.457
Glycine	g	0.310	--	--	0.574
Proline	g	0.321	--	--	0.594
Serine	g	0.358	--	--	0.662
Other					